

MARCH 2016 GROUP EXERCISE CLASSES  
SRPMIC Diabetes Services Program – Salt River Fitness Center  
PH: 480-362-7320

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Salt River Fitness Center HOURS: Monday – Thursday 6:00am to 7:30 pm</p> <p>Friday 6:00am to 6:30 pm</p> <p><i>No weekend hours.</i></p> <p><i>Diabetes Program Fitness Center is open to SRPMIC Community Members &amp; family, SRPMIC Residents, SRPMIC Tribal Employees, and SRPMIC Enterprise Employees. Please see staff for registration form to use facility and attend classes.</i></p>	<p>1 <u>6:15am-7:00am</u> SPIN w/Rachel <u>9:30am-10:00am</u> YS EEP Exercise Session <u>12:05pm-12:50pm</u> Total Body Conditioning w/Dion <u>5:30pm-6:30pm</u> SPIN w/Rachel <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta</p>	<p>2 <u>12:05pm-12:50pm</u> SPIN w/Beverly <u>2:00pm-3:00pm</u> JTR Yoga (private session) <u>5:30pm-6:30pm</u> Zumba Fitness w/Rachel <u>6:30pm-7:30pm</u> Basic Yoga w/Rachel</p>	<p>3 <u>6:15am-7:00am</u> SPIN w/Beverly <u>12:05pm-12:50pm</u> Zumba Fitness w/Rachel</p> <p><i>Salt River High School</i> <u>3:30pm-4:15pm</u> HIIT w/Rachel (<i>Band Room</i>)</p> <p><u>4:05pm-5:00pm</u> Core Functional Training w/Braxton <u>5:30pm-6:15pm</u> HIIT w/Michelle <u>6:30pm-7:30pm</u> Zumba Fitness w/Michelle Lynn</p>	<p>4 <u>11:05am-11:50am</u> <b>NO CLASS</b> <u>12:05pm-12:50pm</u> SPIN w/Michelle <u>5:30pm-6:30pm</u> Zumba Fitness w/Michelle Lynn</p> 
<p>7 <u>12:05pm-12:50pm</u> Core Functional Training w/Braxton <u>2:00pm-3:00pm</u> JTR Yoga (private session)</p> <p><i>Salt River High School</i> <u>3:30pm-4:15pm</u> Circuit Training w/Michelle (<i>Band Room</i>)</p> <p><u>5:30pm-6:30pm</u> Zumba Fitness w/Annie</p>	<p>8 <u>6:15am-7:00am</u> SPIN w/Rachel <u>9:30am-10:00am</u> YS EEP Exercise Session <u>11:05am-11:50am</u> Cardio Kickboxing w/Michelle <u>12:05pm-12:50pm</u> Total Body Conditioning w/Dion <u>5:30pm-6:30pm</u> SPIN w/Michelle <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta</p>	<p>9 <u>6:15am-7:00am</u> SPIN w/Rachel <u>12:05pm-12:50pm</u> HIIT w/Michelle <u>2:00pm-3:00pm</u> JTR Yoga (private session) <u>5:30pm-6:30pm</u> Zumba Fitness w/Michelle Lynn <u>6:30pm-7:30pm</u> Basic Yoga w/Melinda</p>	<p>10 <u>6:15am-7:00am</u> SPIN w/Beverly <u>12:05pm-12:50pm</u> Cardio Mix w/Rachel</p> <p><i>Salt River High School</i> <u>3:30pm-4:15pm</u> Zumba Fitness w/Rachel (<i>Band Room</i>)</p> <p><u>4:05pm-5:00pm</u> Core Functional Training w/Braxton <u>5:30pm-6:15pm</u> HIIT w/Michelle <u>6:30pm-7:30pm</u> Zumba Fitness w/Michelle Lynn</p>	<p>11 <u>11:05am-11:50am</u> Cross Training w/Rachel <u>12:05pm-12:50pm</u> SPIN w/Michelle <u>5:30pm-6:30pm</u> Zumba Fitness w/Rachel</p> 
<p>14 <u>10:30am-11:30am</u> <b>FITNESS CENTER CLOSED</b> <b>HS Meeting</b> <u>12:05pm-12:50pm</u> Core Functional Training w/Braxton <u>2:00pm-3:00pm</u> JTR Yoga (private session)</p> <p><i>Salt River High School</i> <u>3:30pm-4:15pm</u> <b>NO CLASS</b> <b>(Spring Break)</b></p> <p><u>5:30pm-6:30pm</u> Zumba Fitness w/Annie</p>	<p>15 <u>6:15am-7:00am</u> SPIN w/Rachel <u>9:30am-10:00am</u> YS EEP Exercise Session <u>11:05am-11:50am</u> Cardio Kickboxing w/Michelle <u>12:05pm-12:50pm</u> Total Body Conditioning w/Dion <u>5:30pm-6:30pm</u> SPIN w/Michelle <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta</p>	<p>16 <u>6:15am-7:00am</u> SPIN w/Rachel <u>12:05pm-12:50pm</u> HIIT w/Michelle <u>2:00pm-3:00pm</u> JTR Yoga (private session) <u>5:30pm-6:30pm</u> Zumba Fitness w/Michelle Lynn <u>6:30pm-7:30pm</u> Basic Yoga w/Rachel</p>	<p>17 <u>6:15am-7:00am</u> <b>NO CLASS</b> <u>12:05pm-12:50pm</u> Zumba Fitness w/Rachel</p> <p><i>Salt River High School</i> <u>3:30pm-4:15pm</u> <b>NO CLASS</b> <b>(Spring Break)</b></p> <p><u>4:05pm-5:00pm</u> Core Functional Training w/Braxton <u>5:30pm-6:15pm</u> HIIT w/Michelle <u>6:30pm-7:30pm</u> Zumba Fitness w/Michelle Lynn</p>	<p>18 <u>11:05am-11:50am</u> Cross Training w/Rachel <u>12:05pm-12:50pm</u> SPIN w/Michelle <u>5:30pm-6:30pm</u> Zumba Fitness w/Rachel</p> 
<p>21 <u>12:05pm-12:50pm</u> Core Functional Training w/Braxton <u>2:00pm-3:00pm</u> JTR Yoga (private session)</p> <p><i>Salt River High School</i> <u>3:30pm-4:15pm</u> Circuit Training w/Michelle (<i>Band Room</i>)</p> <p><u>5:30pm-6:30pm</u> Zumba Fitness w/Annie</p>	<p>22 <u>6:15am-7:00am</u> SPIN w/Rachel <u>9:30am-10:00am</u> YS EEP Exercise Session <u>11:05am-11:50am</u> Cardio Kickboxing w/Michelle <u>12:05pm-12:50pm</u> Total Body Conditioning w/Dion <u>5:30pm-6:30pm</u> SPIN w/Michelle <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta</p>	<p>23 <u>6:15am-7:00am</u> SPIN w/Rachel <u>12:05pm-12:50pm</u> HIIT w/Michelle <u>2:00pm-3:00pm</u> JTR Yoga (private session) <u>5:30pm-6:30pm</u> Zumba Fitness w/Michelle Lynn <u>6:30pm-7:30pm</u> Basic Yoga w/Melinda</p>	<p>24 <u>6:15am-7:00am</u> SPIN w/Beverly <u>12:05pm-12:50pm</u> Cardio Mix w/Rachel</p> <p><i>Salt River High School</i> <u>3:30pm-4:15pm</u> Cardio Kickboxing w/Rachel (<i>Band Room</i>)</p> <p><u>4:05pm-5:00pm</u> Core Functional Training w/Braxton <u>5:30pm-6:15pm</u> HIIT w/Michelle <u>6:30pm-7:30pm</u> Zumba Fitness w/Michelle Lynn</p>	<p>25 <u>11:05am-11:50am</u> Cross Training w/Rachel <u>12:05pm-12:50pm</u> SPIN w/Michelle <u>5:30pm-6:30pm</u> Zumba Fitness w/Rachel</p> 
<p>28 <u>12:05pm-12:50pm</u> Core Functional Training w/Braxton <u>2:00pm-3:00pm</u> JTR Yoga (private session)</p> <p><i>Salt River High School</i> <u>3:30pm-4:15pm</u> Circuit Training w/Michelle (<i>Band Room</i>)</p> <p><u>5:30pm-6:30pm</u> Zumba Fitness w/Annie</p>	<p>29 <u>6:15am-7:00am</u> SPIN w/Rachel <u>9:30am-10:00am</u> YS EEP Exercise Session <u>11:05am-11:50am</u> Cardio Kickboxing w/Michelle <u>12:05pm-12:50pm</u> Total Body Conditioning w/Dion <u>5:30pm-6:30pm</u> SPIN w/Michelle <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta</p>	<p>30 <u>6:15am-7:00am</u> SPIN w/Rachel <u>12:05pm-12:50pm</u> HIIT w/Michelle <u>2:00pm-3:00pm</u> JTR Yoga (private session) <u>5:30pm-6:30pm</u> Zumba Fitness w/Michelle Lynn <u>6:30pm-7:30pm</u> Basic Yoga w/Rachel</p>	<p>31 <u>6:15am-7:00am</u> SPIN w/Beverly <u>12:05pm-12:50pm</u> Zumba Fitness w/Rachel</p> <p><i>Salt River High School</i> <u>3:30pm-4:15pm</u> Abs, Gluts, Thighs w/Rachel (<i>Band Room</i>)</p> <p><u>4:05pm-5:00pm</u> Core Functional Training w/Braxton <u>5:30pm-6:15pm</u> <b>NO CLASS</b> <u>6:30pm-7:30pm</u> Zumba Fitness w/Michelle Lynn</p>	

CLASS MAYBE CANCELLED, REPLACE IF AN INSTRUCTOR IS UNAVAILABLE TO TEACH OR NO SUB IS FOUND TO TEACH CLASS.

**BASIC YOGA:** The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

**CARDIO KICKBOXING:** Cardio kickboxing is an energizing workout that implements moves from boxing and kickboxing. Kick, punch, bob and weave your way to a higher fitness level. Constantly move, getting in that cardio that we all want and need. You will walk away with a surge of energy and feeling ready for anything that comes your way.

**CORE FUNCTIONAL TRAINING:** The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.

**HIIT (High Intensity Interval Training):** This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

**JTR YOGA:** This session is for *Journey to Recovery* clients only. **PRIVATE SESSIONS**

**SENIOR DANCE CLASS 55+:** Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

**SPIN:** Spinning® or Schwinn Cycling® instructor will take you through a workout for 40 -50 minute ride on the indoor cycling ride through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. We have 9 bikes available. **FIRST COM FIRST SERVES! NO RESERVING BIKE.** Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. \*We encourage a base of cardiovascular exercise of 3 month prior to starting in a spinning class.

**TOTAL BODY CONDITIONING (TBC):** Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. \*Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity

**YS EEP – EXERICSE SESSION “MOUSERCISE”:** Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

**ZUMBA®:** Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.

**GROUP EXERCISE CLASSES at SALT RIVER HIGH SCHOOL:**

*Classes are provide by Diabetes Program’s SR Fitness Center Group Exercise Instructors for SR Community Member/Residents/Tribal & Enterprise Employees and students. All classes are suitable for all levels of fitness.*

**ABS, GLUTS & THIGHS:** In this class you will conditions your lower body and abdominals with variety of exercise utilizing body weight, resistance bands, and dumbbells to lift and strengthen your core and lower body muscles.

**BASIC YOGA:** The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

**CARDIO KICKBOXING:** This class is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Followed by 5-10 minutes abdominal exercise.

**CARDIO MIX:** An exciting and challenging combination of low/high aerobics or Cardio Kickboxing, Zumba® or Step Aerobics and may be followed by sculpting/strength training total body & core (bodyweight or with weights).

**CIRCUIT TRAINING:** This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, bars, step, resistance band/tubing, etc. All levels of fitness.

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**ZUMBA®:** Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.